



Stress and Coping: the Outbreak of COVID-19 Tips for Parents of Teens.

The outbreak of the Coronavirus Disease 2019 has been stressful for many adults, teens, and children. The fear and anxiety can be overwhelming for many of us.

Watch for Changes in your Teen:

- Increased irritability, arguments, anger, conflicts, “acting out” behaviors.
- Excessive anxiety, worry, sadness, and unhealthy sleeping habits.
- Returning to behaviors your teen had outgrown: for example, tantrums or outbursts.
- Difficulty paying attention and concentrating.
- Poor school participation, especially with the shelter-in-place and online learning.
- Avoidance of activities your teen had previously enjoyed.
- Loss of appetite and other unhealthy eating habits.
- Unusual headaches, stomach aches, or other pain.
- Using alcohol, tobacco, or other drugs.
- If your teen was already struggling before the shelter-in-place order, the new stress of the current situation could make life even more difficult for your teen.

How to Help Your Teen:

- Talk with your teen about the COVID-19 outbreak.
 - Provide accurate and factual information.
 - Answer your teen’s questions and address rumors.
 - Limit your teen’s exposure to news media and social media coverage.
 - Remain calm as you reassure your teen:
 - We can stay safe.
 - It’s okay to feel upset. Share your own coping skills.
- Listen to your teen and their concerns, while trying to maintain regular routines in your home.
- Include your teen in decision-making about family plans and household chores.
- Help your teen to stay physically active and socially connected.
- Encourage your teen to develop projects that might help others.
- Encourage your teen to reach out to others for help and support.
 - **Contact the Contra Costa Crisis Center anytime, 24/7.**
 - **Call 2-1-1 or 1-800-833-2900 or text HOPE to 20121.**
- Set a good example of taking care of yourself.

How to Care for Yourself:

- Care for your own physical health and mental health. Take breaks. Unwind.
- Connect with others.
- Stay informed, while avoiding excessive attention to news media.
- Reach out for help and support.

**For more information or for support for yourself or others 24/7:
contact the Contra Costa Crisis Center.**

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